## **Abstract:**

A swing in accordance with the invention has four side elements (2) and four connecting elements (3). The four side elements (2) and four connecting elements (3) are components of a frame (4). A plurality of interwoven band elements (5) is attached to the frame (4), which band elements form a bearing surface (7) inside the frame (4). The band elements (5) comprise fastening elements (6) on their two end sections which fastening elements can be connected to the side elements (2).